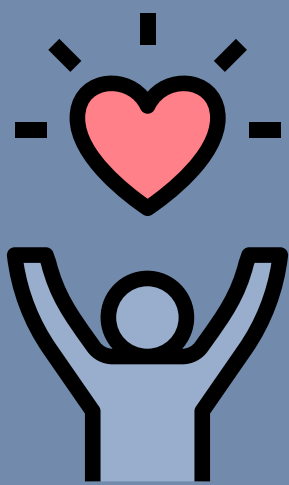


Challenges of living with multimorbidity

MULTIMORBIDITY MEANS THAT YOU HAVE TWO OR MORE LONG-TERM HEALTH CONDITIONS, WHICH CAN INCLUDE:

- *Physical or mental health conditions, for example, endometriosis and anxiety.*
- *Ongoing conditions, such as learning disability.*
- *Complex symptoms, such as chronic pain.*
- *Sensory impairment, such as sight loss.*
- *Alcohol or substance misuse.*



MULTIMORBIDITY IS ASSOCIATED WITH:

- *Reduced quality of your life.*
- *In some cases, reduced life expectancy.*
- *Repetitive treatment.*
- *Mental health impact.*
- *Functional difficulties.*
- *Increased use of health services.*
- *Increased use of medication.*

THE CHALLENGES OF LIVING WITH MULTIMORBIDITY ALSO INCLUDE:

- *Difficulties in the management of your illness.*
- *Struggles with day-to-day activities.*
- *A need to receive care from multiple services.*
- *It affects your mental, emotional and psychological health.*
- *Frequent and unplanned emergency care.*
- *Having side effects of the medication you may have to take.*



MULTIPLE HEALTH PROBLEMS CREATE DIFFICULTIES FOR THE SUFFERER, THEY ALSO CREATE PROBLEMS FOR PARTNERS WHO SUPPORT THEM:

- *Caregiving partners deal with uncertainty and confusion not knowing what to do.*
- *Disagreements between the couple often occur.*
- *Caregivers are often forgotten.*
- *They feel worried about their spouse.*
- *They become sole breadwinners.*